

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### The effect of educational program based on Health belief Model on diabetic (Type II) self efficacy in Iranian Diabetes society

#### Protocol summary

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##### Summary

This is a randomized controlled clinical trial. The aim of this research is to investigate the effect of educational program based on Health belief Model on diabetic (Type II) self efficacy. Participants for the study group are recruited from Iranian Diabetes society. Participants are randomly assigned into intervention or control group. The participants in the intervention group are trained in a 2 session educational program (each session 30 minutes) based on health belief model. We also give them a booklet. Self Efficacy is measured by using a questionnaire before the intervention and at the end of the course (2 months after intervention).

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice Chancellor for Research and Technology, Iran University of Medical Sciences

##### Expected recruitment start date

2010-10-23, 1389/08/01

##### Expected recruitment end date

2011-05-22, 1390/03/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138811191693N4**

Registration date: **2010-09-25, 1389/07/03**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2010-09-25, 1389/07/03

##### Registrant information

###### Name

Soghra Nikpour

###### Name of organization / entity

Center for Nursing Care Research, School of Nursing & Midwifery, Iran University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 8247 1308

###### Email address

##### Scientific title

The effect of educational program based on Health belief Model on diabetic (Type II) self efficacy in Iranian Diabetes society

##### Public title

The effect of educational program based on Health belief Model on diabetic (Type II) self efficacy in Iranian Diabetes society

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Having literacy, age 30-60 years, Having Telephone Exclusion criteria: having any formal learning class about diabetic (Type II), presence of any learning disorders or severe mental disorders

##### Age

From **30 years** old to **70 years** old

##### Gender

Both

##### Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 80

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee in medical researches of School of Nursing & Midwifery, Iran University of Medical

##### Street address

Rashid Yasami St., Valiasr ave.Tehran,  
Po.BOX:19395.4798, Iran

##### City

Tehran

##### Postal code

19964

#### Approval date

2010-01-19, 1388/10/29

#### Ethics committee reference number

1536741

## Health conditions studied

### 1

#### Description of health condition studied

self efficacy in Diabetes type 2

#### ICD-10 code

E11

#### ICD-10 code description

Non-insulin-dependent diabetes mellitus

## Primary outcomes

### 1

#### Description

Self efficacy

#### Timepoint

2 months

#### Method of measurement

Using questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

2 session educational program (each session 30 minutes) based on health belief model. we also give them a booklet

#### Category

Lifestyle

### 2

#### Description

No intervention in Control group

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Iranian Diabetes society

##### Full name of responsible person

Dr Asadollah Rajab

##### Street address

No 26, Ramin Malekoti st., Patrislomomba st,  
Satarkhan St,Tehran, Iran

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice Chancellor for Research and Technology, Iran  
University of Medical Sciences

##### Full name of responsible person

Dr. sayyed Abbas Motevallian

##### Street address

Crossroad of Shahid Hemmat & Shahid Chamran  
Expressways. P.O.Box: Tehran

##### City

Tehran

#### Grant name

#### Grant code / Reference number

404/م ت

#### Is the source of funding the same sponsor organization/entity?

Yes

#### Title of funding source

Vice Chancellor for Research and Technology, Iran  
University of Medical Sciences

#### Proportion provided by this source

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Center for Nursing Care Research of Iran University of Medical Science

**Full name of responsible person**

Soghra Nikpour

**Position**

Assistant professor

**Other areas of specialty/work**

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**Web page address**

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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*